

Fall Class Registration Info

Session 1: September 10 – October 22, 2011



CircEsteem Mission:

To unite youth from diverse racial, cultural, and economic backgrounds and help them build self-esteem and mutual respect through the practice of circus arts.

This guiding principle is the heart of each and every one of our classes and programs.

Class Fees & Policies

CircEsteem wants to make circus available to all students regardless of financial status. Fees for Saturday Circus Level 1, Level 2, and Level 3 classes and HomeWork & CircusWork, PreTeam, CircusTeam are on a sliding scale. Families who can afford to pay the full price are asked to do so. One half of the class fee is considered a tax-deductible contribution as it will underwrite another student's participation. Aerial, CircusTots, Diabolo, Gym Wheel, Tight Wire, Trampoline, Tumbling, and Unicycle classes are currently not eligible for the sliding scale. HomeWork & CircusWork is a completely free program; however, contributions are greatly appreciated.

There is a 3 participant minimum for all classes. Some classes have limited enrollment. Some classes require pre-requisites and/or instructor permission. Classes are appropriate for children age 7 and up unless otherwise specified in the class description.

Registration Paperwork and Payment are due the week before classes start. Those who register after the Registration Deadline will be placed on our waiting list.

Advancement through Levels

Moving up a level (e.g., from Aerial Arts Level 1 to Level 2) is possible when a student is competent in all of the skills of that level. We realize kids will progress at different rates. It may take a student one Session to move up to the next Level. It may take multiple sessions. Precisely what skills are required to advance within the levels will be addressed in each class and will vary by discipline.

Important Dates

Registration Paperwork Due – TUE, September 6, 2011

Please have paperwork and payment in our office by the above date. Space is limited. To reserve your spot, email <Rachel@CircEsteem.org> or fax (312-528-9206) the last 2 pages (Reg. Form & Waiver) of this document ASAP. Be sure to follow up with hard copy and payment either in person or by mail.

Circus Arts Open House – SAT, September 10 – 8:00 a.m. - 1:00 p.m. **FREE**

Trial class for the curious, a day to check-in with coaches about appropriate levels for returning students.

PreTeam/CircusTeam Info Meeting – MON, September 12 from 5:15 - 6:45 p.m.

A Question & Answer Session addressing our new training opportunity for those interested in performance. In addition, we will have a skill assessment and, time allowing, a brief interview.

Winter Circus – SAT-SUN, December 17-18 - Times TBA.

In CircEsteem's training space at Alternatives, a weekend of shows highlighting students' newly acquired skills. Students enrolled in the session leading up to the Winter & Spring Circus will be eligible to perform.

Aerial Arts Level 1 – SAT: 9:00 a.m. - 10:00 a.m. \$160 per session

Pre-requisite: *None*

This class will focus on static trapeze and hanging fabric (silk). Building strength, coordination, and a basic aerialist vocabulary are its goals.

Instructors: Lizzy Gifford, Tera McBaine

Aerial Arts Level 2 – SAT: 8:00 a.m. - 9:00 a.m. \$160 per session

Pre-requisite: *Aerial Arts Level 1 Skill Competency and Instructor Permission*

Building on the skills introduced in Aerial Arts Level 1, students in this class will focus on more difficult trapeze and fabric tricks, flexibility and grace along with full body strength.

Instructor: Lizzy Gifford

Aerial Arts Level 3 – SAT: 8:00 a.m. - 9:00 a.m. \$160 per session

Pre-requisite: *Aerial Arts Level 2 Skill Competency and Instructor Permission*

Building on the skills introduced in Aerial Arts Level 2, students in this class will focus on choreography and act creation specifically refining transitions between tricks and creating polished acts using trapeze & fabric.

Instructor: Tera McBaine

Tumbling Level 1 – SAT: 9:00 a.m. - 10:00 a.m. \$160 per session

Pre-requisite: *None*

THE foundation for nearly all other circus skills. Students will learn somersaults, bridges, cartwheels, headstands, and body positions necessary for Mini-Trampoline, Trampoline, Partner Acrobatics. In addition, strength and flexibility will be emphasized.

Instructor: Carlo Gentile

Tight Wire – SAT: 9:00 a.m. - 10:00 a.m. \$160 per session

Pre-requisite: *Circus Level 1 or Circus Camp and Instructor Permission*

****NEW**** Learn the fundamentals of wire walking. The majority of the instruction will take place 2 feet off the ground. Focus will be on technique and form in order to build the confidence necessary cross the wire unassisted.

Instructors: Edith Keme, Rackim Ramsey

Unicycle – SAT: 9:00 a.m. - 10:00 a.m. \$160 per session

Pre-requisite: *Circus Level 1 or Circus Camp and Instructor Permission*

****NEW**** Learn to unicycle! The Free Mount, straight line, turns and idling are all possibilities for beginners. More advanced riders are also welcome. Trick mounts, acrobatic riding, one pedal and no pedal tricks will be introduced.

Instructor(s): TBA

Tumbling & Trampoline Level 1 – SAT: 8:00 a.m. -9:00 a.m. \$160 per session

Pre-requisite: *Tumbling Level 1 Skill Competency and Instructor Permission*

****CLOSED**** This class will pick up where Tumbling Level 1 drops off. Roundoffs, walkovers, bridge kickovers, front and back handsprings drills will all be included PLUS Mini-Trampoline. Strength and flexibility continue to be key elements.

Instructor(s): TBA

Tumbling & Trampoline Level 2 – SAT: 8:00 a.m. -10:00 a.m. \$225 per session

Pre-requisite: *Tumbling & Tramp Level 1 Competency and Instructor Permission*

****CLOSED**** In addition to higher level tumbling skills, this class will include mini-trampoline, vault tumbling and big trampoline. Expect to work on combinations such as roundoff into back handspring, as well as back and front tucks on the ground and on the trampolines.

Instructor(s): TBA

Circus Level 1 – SAT: 10:00 a.m. - 11:30 a.m. \$160 per session

Pre-requisite: *None*

For children ages 7 and up, Circus Level 1 focuses on the basic principles of circus: balance, coordination and clowning. Curriculum may include juggling, spinning plates, balancing on a rolling globe, trapeze, tightwire.

Instructors: Anthony Courser, Carlo Gentile, Andy Monson, Sam Sake

Circus Level 2 – SAT: 10:00 a.m. - 1:00 p.m. \$300 per session

Pre-requisite: *Circus Level 1 Skill Competency and Instructor Permission*

For students 9 and up, Students will focus on more complicated, more difficult juggling, clowning and balance skills. Circus Level 2 students will also work with the Level 1 students on clowning and other partner skills.

Instructors: Anthony Courser, Carlo Gentile, Andy Monson, Sam Sake

Circus Level 3 – 10:00 a.m. - 1:00 p.m. \$300 per session

Pre-requisite: *Circus Level 2 Skill Competency and Instructor Permission*

Students at this level should demonstrate proficiency in a broad range of circus disciplines. Students should be comfortable working independently on difficult skills that require persistence and dedication for mastery.

Instructor(s): TBA

Parent-Tot Circus – MON: 10:00 a.m. - 10:45 a.m. \$150 per session

Pre-requisite: *None; Appropriate Age: 2-3 years old*

****NEW**** Parent-child bonding with a circus twist. Children and parents alike build strength, coordination, flexibility and memories that will last a lifetime.

Instructor: TBA

CircusTots – WED: 10:00 a.m. - 10:45 a.m. \$150 per session

Pre-requisite: *None; Appropriate Age: 3-5 years old*

****NEW**** An exciting way for children to increase motor skills while having fun and reinforcing good classroom behavior. Classes include fun games to encourage focus and strength as well as basic circus skills to work on coordination and balance. *Instructor: TBA*

HomeWork & CircusWork – M/W/F: 3:00 p.m. - 5:30 p.m. FREE

Pre-requisite: *Peaceful, Respectful Behavior and Positive Attitude*

Students spend an hour developing their circus skills and an hour working on their homework or other academic enrichment activities. Though this class is free, attendance on the first day of the session, excellent behavior and a positive attitude are all mandatory.

Instructors: Anthony Courser, Carlo Gentile, Orlene Gentile, Sam Sake

CircusTeam – M/W: 5:00 p.m. - 7:30 p.m. \$300 per session

Pre-requisite: *Instructor Invitation*

CircusTeam is CircEsteem's elite performing group. Selection is a privilege bestowed upon those who demonstrate exemplary desire and work ethic indicated by attaining a high level of competency in multiple circus disciplines, both as soloists and as partners.

The purpose of CircusTeam is to create group acts, build upon the advanced circus skills learned at Saturday Circus, and create smaller acts to be used for gigs. Gigs both showcase Chicago's only social circus organization and earn income for its programming and scholarships.

Focus will be on act/show creation, working with music, movement, choreography, dance, and performance technique.

Performance opportunities will be local, regional, national and international.

Instructors: Brian P. Dailey, Carlo Gentile, Orlene Gentile, Lizzy Gifford, Sam Sake

PreTeam – M/W: 5:15 p.m. - 6:45 p.m. \$225 per session

Pre-requisite: *See below.*

****NEW**** PreTeam is a new training and performing opportunity for students interested in pursuing circus arts more seriously with the goal of becoming members of the CircusTeam. PreTeam members will work closely with the CircusTeam providing opportunities for mentorship and inspiration.

The purpose of PreTeam is to build the skills and character necessary to become part of CircusTeam. Emphasis will be placed on Acro and Manipulation Fundamentals as well as Clown/Character and Performance Skills.

PreTeam Info Night for parents and assessments for potential students will be held on Monday, September 12 from 5:15-6:45 p.m.

Instructors: Carlo Gentile, Orlene Gentile

Aerial Web & Hoop – WED: 4:00 p.m. - 5:10 p.m. \$170 per session

Pre-requisite: *Aerial Arts Level 1 Skill Competency and Instructor Permission*

****NEW**** Building on the foundational skills and aerialist vocabulary introduced in Aerial Arts Level 1, this class will introduce similar, but complimentary aerial equipment. As with all other Aerial Arts, flexibility, grace and full body strength will be emphasized.

Instructor(s): Lizzy Gifford

Adult Wheel – WED: 7:30 p.m. - 8:45 p.m. \$180 per session

Pre-requisite: *None*

Hailed as one of the best workouts in Chicago, CircEsteem's Adult Gym Wheel Class is an opportunity for grown-ups to get in on the fun. Adult Gym Wheel is a fun and energizing core workout for people of all levels of fitness.

This Beginner Level class focuses on straight-line moves and developing confidence, even when upside-down. Students will be given individualized attention and given the opportunity to move at their own pace.

Instructor: Sam Sake

Fall Registration Form

Session 1: September 10 – October 22, 2011

Student Name: _____ Age: _____ Gender: M F

School: _____ Date of Birth: _____

Parent/Adult Participant Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Mobile Phone: _____

E-Mail: _____ May we add you to our mailing list? Yes! No

Emergency Contact Name: _____ Relationship: _____

Emergency Contact Phone: _____

Someone other than the parent/guardian listed above is authorized to pick up my child. Name: _____

My child has permission to walk home from CircEsteem.

Does Participant have Health or Behavioral Concerns? Yes No

If Yes, Please explain: _____

How did you hear about us? _____

1 Check Box to Select Class(es)

- Aerial Arts Level 1** – SAT: 9-10 AM
- Aerial Arts Level 2** – SAT: 8-9 AM
- Aerial Arts Level 3** – SAT: 8-9 AM
- Tumbling Level 1** – SAT: 9-10 AM
- Tight Wire *NEW*** – SAT: 9-10 AM
- Unicycle *NEW*** – SAT: 9-10 AM
- Tumbling & Tramp Level 1** [CLOSED] – SAT: 8-9 AM
- Tumbling & Tramp Level 2** [CLOSED] – SAT: 9-10 AM
- Circus Level 1** - SAT: 10-11:30 AM
- Circus Level 2** – SAT: 10 AM - 1 PM
- Circus Level 3** – SAT: 10 AM - 1 PM
- Parent-Tot Circus *NEW*** – MON: 10-10:45 AM
- CircusTots *NEW*** – WED: 10-10:45 AM
- HomeWork & CircusWork** - M/W/F: 3 -5:30 PM
- CircusTeam** – M/W: 5-7:30 PM
- PreTeam *NEW*** – M/W: 5:15-6:45 PM
- Aerial Web & Hoop *NEW*** – WED: 4-5:10 PM
- Adult Wheel** – WED: 7:30-8:45 PM

2 Write Price on Line Below

- \$160
- \$160
- \$160
- \$160
- \$160
- \$160
- \$160
- \$160
- \$225
- \$160
- \$300
- \$300
- \$150
- \$150
- FREE
- \$300
- \$225
- \$170
- \$180

3 ADD for Total Due:

- I would like to use sliding scale – [only applicable for Circus Levels 1, 2, 3 and CircusTeam | PreTeam]
- I have read, completed and signed the Waiver on the reverse.

4 To complete your Registration:

Save this completed form. E-mail the file to <Rachel@CircEsteem.org> or fax (312-528-9206) the last 2 pages of this document ASAP to reserve your spot. Then, print the last 2 pages of this document (Reg Form & Waiver) to accompany your payment which we can accept either by mail or in person. Make sure your **registration paperwork and payment** are in the CircEsteem office by **September 6, 2011**. Please make checks payable to: CircEsteem.

CIRCESTEEM GENERAL RELEASE

BECAUSE PARTICIPATION IN CIRCESTEEM CLASSES MAY BE DANGEROUS, WE REQUIRE ALL PARTICIPANTS TO ASSUME ALL RISK BY SIGNING THIS GENERAL RELEASE.

The Undersigned, for himself/herself and personal representatives, assigns, heirs and next of kin or any of them:

- 1. Hereby Releases, waives, Discharges and Covenants Not To Sue CircEsteem and each of its officers, employees and agents all for purposes herein referred to as Releases, from liability to the Undersigned, his/her personal representatives, assigns, heirs and next of kin for all loss or damage and any claim or demands therefore, on account of injury to the person or property or resulting in death of the Undersigned, whether caused by the negligence of Releases or otherwise while the Undersigned is upon the premises of Alternatives and/or a participant in CircEsteem classes; and,
- 2. Hereby Agrees to Indemnify And Save And Hold Harmless the Releasees and each of them for any loss, liability, Damage or cost they may incur (1) due to the presence or any action of the Undersigned in or about Alternatives sand/or (2) due to participation in CircEsteem classes whether caused by the negligence of the Releasees or otherwise.

The Undersigned expressly agrees that the foregoing Release, Waiver and Indemnity Agreement is intended to be as broad and inclusive as is permitted by the law of the State of Illinois and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

The Undersigned warrants the following statements are true and correct and understands that the Releasees have relied on them entering into the foregoing Release, Waiver, and Indemnity Agreement and in giving the Undersigned permission to enter the premises of Alternatives and participate in CircEsteem classes:

- 3. No oral representatives, statements or inducements apart from this written agreement have been made.
- 4. The Undersigned individually is fully aware of the risks and hazards inherent in entering upon the premises of Alternatives and hereby elects voluntarily to enter upon said premises, knowing the present condition and knowing that said condition may become more hazardous and dangerous during the time that the Undersigned or either of them are upon said premises. The Undersigned is fully aware that trapeze and circus stunts and all activities associated with participation in CircEsteem classes is a calculated risk sport and contains inherent risks and dangers (including serious injury and death), that no amount of care, caution, instruction, or expertise can eliminate. The participant knows and understands the scope, nature, and extent of the risks involved in the activities contemplated by this agreement. The Undersigned individually hereby voluntarily assumes all risks of loss, damage or injury that may be sustained by them, or any of them, any damage to any property of the Undersigned, or any of them while in or upon the premises of Alternatives or a participant of CircEsteem classes.
- 5. That he/she gives consent to whatever medical care might be provided or available on the premises and Further agrees to conform and comply with all the rules and regulations of CircEsteem and Alternatives.
- 6. HE/SHE HAS READ AND VOLUNTARILY SIGNS THIS RELEASE AND WAIVER OF ALL LIABILITY AND INDEMNITY AGREEMENT.
- 7. Furthermore, I understand that I, or my child (if under 18) may be photographed or video taped for publicity purposes.

PARTICIPATION IN CIRCESTEEM CLASSES MAY BE DANGEROUS.

In witness whereof each of the Undersigned has executed this release dated this day:

PLEASE PRINT Student's NAME:

PLEASE PRINT Parent/Guardian's NAME:

PARENT'S SIGNATURE:

Date

Address

City

State

Zip